



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **State Health Department Reminds Parents About Important Halloween Safety Tips**

BISMARCK, N.D. – The North Dakota Department of Health is reminding parents about important steps they can take to keep their children safe this Halloween.

“Halloween represents a fun time for children of all ages, but it also can pose dangers,” said Diana Read, Injury Prevention Program director for the North Dakota Department of Health. “Parents and caregivers need to think about safety tips while planning for that perfect Halloween costume or party. You want your Cinderella or pirate to have fun and be safe.”

The North Dakota Department of Health offers the following safety tips:

- Be sure all children younger than 12 trick-or-treat with an adult.
- Make sure children carry flashlights to see and be seen.
- Permit trick-or-treating only at homes of friends, neighbors or relatives you know well.
- Encourage children to walk, not run, between houses.
- Make sure costumes fit well and don’t drag on the ground to help prevent trips and falls.
- Purchase or make costumes that are light, bright and clearly visible to motorists. Consider using reflective tape on the front and back of costumes to help motorists see your child.
- To keep vision clear, use face paint instead of masks.
- Look for a “Flame Resistant” or “Flame Retardant” label when purchasing costumes, masks, beards and wigs.
- Tie shoelaces securely to avoid tripping. Be sure shoes are sturdy and fit well.
- Make sure swords, knives and similar costume accessories are made of soft, flexible materials.
- Always make sure children are buckled up in the back seat and in appropriate safety restraints when traveling between trick-or-treating sites.

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## **Treats**

- Offer treats wrapped in their original packaging.
- Warn children not to eat any treats until an adult has examined them carefully for evidence of tampering.
- Carefully examine any toys or novelty items received. Do not allow young children to have any items that are small enough to present a choking hazard or that have small parts or components that could separate during use.
- Tell children to sit down when they eat and to take small bites.
- Call 9-1-1 or the Poison Control Center at 800.222.1222 if you suspect your child has consumed anything hazardous.

## **Decorations**

- Do not use candles and jack-o'-lanterns to decorate landings and doorsteps where costumes could brush against the flames.
- Provide lighted walkways and porch lighting. Remove obstacles from lawns, steps and porches when expecting trick-or-treaters.
- Keep candles and jack-o'-lanterns away from curtains, decorations and other combustibles that could catch fire. Do not leave burning candles unattended.
- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires or loose connections. Discard damaged sets.
- Don't overload electrical outlets with holiday lighting.

"Following these simple safety tips can help Halloween be a fun holiday for the whole family," Read said.

For more information about Halloween safety, contact Diana Read, North Dakota Department of Health, at 701.328.4537.

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